

## RCCG Sunday School Students Manual Lesson 33: 19 April 2026

### Description

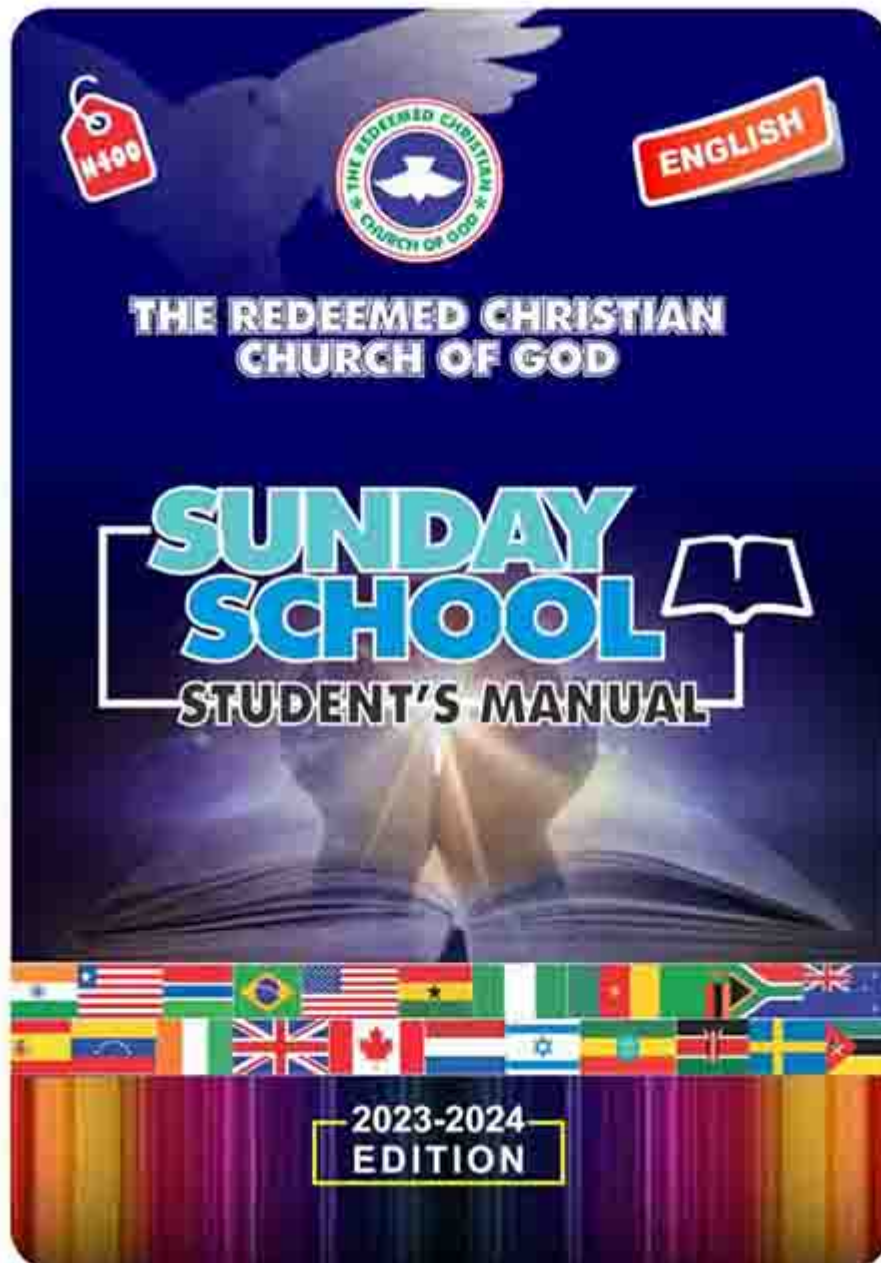
RCCG Sunday School Student manual for the adult class.

**Today's Lesson 33 topic:** SUSTAINING THE CHASE.

**Date:** 19 April 2026

**Read:**

- [RCCG Sunday School Teachers Manual Lesson 33](#)
  - [Open Heaven 19 April 2026 Devotional](#)
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Note: Check [RCCG SUNDAY SCHOOL HYMN LYRICS](#)

## **RCCG SUNDAY SCHOOL STUDENTS MANUAL LESSON 33 (19 APRIL 2026)**

**TOPIC: SUSTAINING THE CHASE**

**BIBLE PASSAGE: Song of Solomon 1:13-17**

13 A bundle of myrrh is my well-beloved unto me; he shall lie all night betwixt my breasts.  
14 My beloved is unto me as a cluster of camphire in the vineyards of Engedi.

15 Behold, thou art fair, my love; behold, thou art fair; thou hast dovesâ?? eyes.  
16 Behold, thou art fair, my beloved, yea, pleasant: also our bed is green.  
17 The beams of our house are cedar, and our rafters of fir.

## **MEMORY VERSE:**

â??Let him kiss me with the kisses of his mouth: for thy love is better than wine.â?• Song of Solomon 1:2

## **LESSON INTRODUCTION**

Just as a romantic chase begins when two people first â??fall in love, â?• a successful marriage requires â??sustaining the chaseâ?• by maintaining the excitement, passion, and commitment they had in the early days of their relationship.

It is easy to get caught up in the daily routine of life, but couples must prioritise their relationship and make intentional choices to keep the spark alive.

This lesson will consider the things couples do to kill the chase and identify elements of a sparkling relationship.

## **LESSON OUTLINE 1: WAYS COUPLES KILL THE CHASE**

### Husbandsâ?? Role

Some men change drastically (after the wedding) from being the â??lover boyâ?? to an uncaring, neglectful and insensitive dictator.

They prioritise making money over spending quality time with their spouse (Song of Solomon 5:6; 3:1).

They tactically and practically leave most household chores to the wife.

Some men even overlook their wifeâ??s contributions to keeping the home (1 Timothy 5:8)

They stop being romantic, not using words of affirmation and the love language of their spouses.

They display ego by not being apologetic when they are wrong (1 Peter 3:7)

### Wives Role

Some ladies look perfect when they are â??courtiers,â?• but after the wedding, they fall into the mistake of attempting to change their husbands (Proverbs 14:1)

Constantly nagging or criticising (Proverbs 21:19; 27:15).

Drastically reducing physical intimacy (Song of Solomon 1:2).

Being ungrateful and not recognising their husband's efforts (Proverbs 19:13b)

Looking unkempt and unattractive (Proverbs 5:19).

Being unsupportive and disrespectful to their husband (Proverbs 12:4)

## **CLASS ACTIVITY 1:**

Are there hints during courtship from partners as to the likely changes they will manifest in the marriage?

## **LESSON OUTLINE 2: KEEP THE SPARK ALIVE**

Relationship is a two-way street; it requires give and take. Therefore, partners must work together to sustain the glow. Here are some ways to keep the flame in your relationship:

**Communicate:** Communicate your feelings, needs, and thoughts to your partner in a mature way. Be an active listener and make sure you are understood (Proverbs 15:23; 25:11-12).

**Initiate intimacy:** Intimacy is essential for building trust and honesty. Hugging, kissing, regular sex, holding hands and sharing secrets no one else knows may also help (Song of Solomon 1:2; Proverbs 5:19).

**Express gratitude:** Expressing gratitude can make good times even better and help you through bad times (Hebrews 10:24).

**Alone time:** Maybe some alone time away from your partner for a short while (where necessary) may reduce the see-finish syndrome and rekindle the fire of love.

**Be adventurous:** Go beyond the events of the day, take fun-filled trips, and build new experiences together like a new hobby e.g. cuisine, vacation, running, etc. (Genesis 26:8; Song of Solomon 2:14).

**Impress each other:** Remember the things you did at the beginning of your love journey that endeared your spouse to you e.g. wear a scent or colour of clothing your spouse likes seeing on you (Song of Solomon 4:10-11)

**Put your Phone down:** Stay present whenever you are together.

**Make laughing together a top priority** (Proverbs 17:22).

**Plan surprise dates and ensure you do not skip them.** Try to change location for the sake of variety.

**Get committed:** Set goals and work them out, overcome challenges together, build a shared vision and prioritise the relationship (Amos 3:3).

## **CLASS ACTIVITY 2:**

How can you achieve the points listed above with an unavailable spouse?

## **CONCLUSION: RCCG Sunday School Students Manual 19 April 2026**

Remember that change starts with you.

## **ASSIGNMENT: RCCG Sunday School Students Manual Lesson 33**

State five (5) things couples can do to keep the spark alive (2×5=10 Marks).

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